

# Hedging Your Marriage against Infidelity

In his book, *Loving Your Marriage Enough to Protect It*, Jerry Jenkins warns against certain attitudes and situations that may put you at risk for infidelity. Several of his warning signs are below:

- \* Becoming so busy that you spend very little time with your spouse and family.
- \* Having an attitude that you deserve more attention than you are getting at home.
- \* Letting the romance fade in your marriage.
- \* Using your attractiveness or personality to get attention from the opposite sex.
- \* Fantasizing about having an affair.
- \* Feeling sorry for yourself.
- \* Someone other than your spouse keeps flattering you and telling you how wonderful you are.

So what does Jenkins recommend to hedge your marriage against an affair? Here are a few examples. Be careful in complimenting someone of the opposite sex -- focus on clothing or hairstyle, not the person's attractiveness itself. Spend quality time with your family when at home -- don't bring your work home with you. Remind yourself and your spouse that you are committed to your wedding vows.

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